

Appendix 3 – Practice Grids

Lesson 5

1 group per day (a four-day cycle with varied bass assignments for Groups 3 & 4) c.12'

| Group 1 | ima | ma | im | ia |
|-------------|-----|----|----|----|
| day 1 | | | | |
| day 5 | | | | |
| day 9 | | | | |
| day 13 | | | | |
| (if needed) | | | | |
| | | | | |
| | | | | |
| | | | | |
| Done | | | | |

| Group 2 | a | m | i | p |
|-------------|---|---|---|---|
| day 2 | | | | |
| day 6 | | | | |
| day 10 | | | | |
| day 14 | | | | |
| (if needed) | | | | |
| | | | | |
| | | | | |
| | | | | |
| Done | | | | |

| Group 3 | | pima | pma | pim | pia |
|-------------|---|------|-----|-----|-----|
| day 3 | ⑤ | | | | |
| day 7 | ⑥ | | | | |
| day 11 | ⑤ | | | | |
| day 15 | ④ | | | | |
| (if needed) | ⑤ | | | | |
| | ⑥ | | | | |
| | ⑤ | | | | |
| | ④ | | | | |
| | | | | | |
| Done | | | | | |

| Group 4 | | pi | pm | pa |
|-------------|---|----|----|----|
| day 4 | ⑥ | | | |
| day 8 | ⑤ | | | |
| day 12 | ④ | | | |
| day 16 | ⑤ | | | |
| (if needed) | ⑥ | | | |
| | ⑤ | | | |
| | ④ | | | |
| | ⑤ | | | |
| | | | | |
| Done | | | | |

Lesson 6

Group 1 each day until comfortable. Then Group 2, two patterns per day over a four-day cycle c. 6-7'

| Group 1 | im | ia | i-ma |
|---------|----|----|------|
| day 1 | | | |
| day 2 | | | |
| day 3 | | | |
| day 4 | | | |
| day 5 | | | |
| day 6 | | | |
| | | | |
| | | | |
| Done | | | |

| | day 1 | day 2 | day 3 | day 4 |
|---------|-----------|-----------|-----------|-------------|
| Group 2 | ima – iam | mia – mai | aim – ami | miai – aimi |
| cycle 1 | | | | |
| cycle 2 | | | | |
| cycle 3 | | | | |
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| | | | | |
| | | | | |
| | | | | |
| Done | | | | |

Lesson 7

Group 1 & 2 on alternate days until comfortable. Then Group 3-6, in order, two patterns per day. c. 8'

| | Group 1 | Group 2 |
|------|---------------------|-----------------------------------|
| | day 1 | day 2 |
| | pi – pm – pa | p-ami – p-mi – p-am – p-ia |
| | | |
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| | | |
| | | |
| | | |
| | | |
| Done | | |

| | Group 3 | | |
|------|------------------|------------------|------------------|
| | day 1 | day 2 | day 3 |
| | pim – pmi | pia – pai | pma – pam |
| | | | |
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| | | | |
| | | | |
| | | | |
| Done | | | |

| | Group 4 | |
|------|------------------------|------------------------|
| | day 1 | day 2 |
| | p-i-ma – p-ma-i | p-a-im – p-im-a |
| | | |
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| | | |
| Done | | |

| | Group 5 | | |
|------|--------------------|--------------------|-----------------------------|
| | day 1 | day 2 | day 3 |
| | pimi – pmim | piai – paia | p-i-ma-i – p-ma-i-ma |
| | | | |
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| | | | |
| | | | |
| Done | | | |

| | Group 6 | | | |
|------|--------------------|--------------------|--------------------|------------------------------|
| | day 1 | day 2 | day 3 | day 4 |
| | pima – piam | pmia – pmai | paim – pami | pimi-aimi – pima-pami |
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| Done | | | | |

Lesson 8

Both groups together over a three-day cycle. c.8'

| | day 1 | day 2 | day 3 |
|----------------|------------------|------------------|---|
| Group 1 | ima—iam | mai—ami | a-<u>im</u>—i-<u>ma</u> |
| Group 2 | pima—piam | pmai—pami | p-a-<u>im</u>—p-<u>im</u>-a—pimami |
| | | | |
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| Done | | | |

Lesson 9

Ex 3, 5, 7 & 8 each day. Then Ex 3, 5, 7 & 9 each day.

| | each day |
|------|-------------------|
| | Ex 3—5—7—8 |
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| | |
| Done | |

| | each day |
|------|-------------------|
| | Ex 3—5—7—9 |
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| | |
| Done | |

Lesson 10

Ex. 1, 2 & 3 each day.

| | each day |
|------|-----------------|
| | Ex 1—2—3 |
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| Done | |

Lesson 11

Exercises 1-6 over a six-day cycle. .

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------------|----------------|-----------------|--------------------------|-----------------|--------------------------|
| | Ex. 1—2 | Ex. 1—3 | Ex. 4—5a | Ex. 4—5a (stacc.) | Ex. 4—5b | Ex. 4—5b (stacc.) |
| | Ex. 6 | → | → | → | → | → |
| | | | | | | |
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| Done | | | | | | |

Lesson 12

ami, amip & pami each day.
Then with staccato
Ex. 11 & 12

| | each day |
|------|----------------------|
| | ami—amip—pami |
| | |
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| | |
| Done | |

Lesson 19

Ex. 1 & 2 over a three-day cycle. day.

| | day 1 | day 2 | day 3 |
|------|----------------------|--------------------------|--------------------------|
| | Ex. 1 & 2 | → | → |
| | 1-2-3-4 | 12-13-14-23-24-34 | 12-34-13-24-14-23 |
| | | | |
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| Done | | | |

Lesson 20

Ex. 1-4 each day followed by Group 1 c.9'

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|----------------|--------------|--------------|--------------|----------------|----------------|----------------|
| Group 1 | 12-34 | 13-24 | 14-23 | 012-034 | 013-024 | 014-023 |
| cycle 1 | | | | | | |
| cycle 2 | | | | | | |
| cycle 3 | | | | | | |
| cycle 4 | | | | | | |
| Done | | | | | | |

Then moving onto Ex. 1-4 each day followed by Group 2 c.9'

| | day 1 | day 2 | day 3 | day 4 |
|----------------|----------------|----------------|------------------|------------------|
| Group 2 | 124-324 | 134-432 | 0214-0324 | 0134-0432 |
| cycle 1 | | | | |
| cycle 2 | | | | |
| cycle 3 | | | | |
| cycle 4 | | | | |
| Done | | | | |

Then moving on to Ex. 1-4 each day followed by Groups 3 & 4 c.9'

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|-------------------------|----------------|----------------|------------------|------------------|------------------|----------------------|
| Groups 3 & 4 | 123-432 | 234-321 | 1234-4321 | 1242-4313 | 1342-4212 | 123432-432123 |
| cycle 1 | | | | | | |
| cycle 2 | | | | | | |
| cycle 3 | | | | | | |
| cycle 4 | | | | | | |
| Done | | | | | | |

Lesson 22

Two patterns each day in both forms over a three-day cycle. c.5'

| | day 1 | day 2 | day 3 |
|------|--------------|--------------|--------------|
| | 12—34 | 13—24 | 14—23 |
| | | | |
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| Done | | | |

Lesson 23

Ex. 2 over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|------------------------------|------------------------------|------------------------------|----------------------------------|----------------------------------|----------------------------|
| | 12—21 34—43 | 13—31 24—42 | 14—41 23—32 | 124—421 134—431 | 123—321 234—432 | 1234 4321 |
| | | | | | | |
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| Done | | | | | | |

Lesson 24

Ex. 2 over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|------------------------------|------------------------------|------------------------------|----------------------------------|----------------------------------|----------------------------|
| | 12—21 34—43 | 13—31 24—42 | 14—41 23—32 | 124—421 134—431 | 123—321 234—432 | 1234 4321 |
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| Done | | | | | | |

Lesson 25

Over a four-day cycle. c. 10'

| | day 1 | day 2 | day 3 | day 4 |
|---------|-------|-------|-------|-------|
| | a) | b) | c) | d) |
| cycle 1 | | | | |
| cycle 2 | | | | |
| cycle 3 | | | | |
| cycle 4 | | | | |
| Done | | | | |

Lesson 27

Over a three-day cycle. c. 6'

| each day | day 1 | day 2 | day 3 |
|--------------------|------------------|------------------|-------------------|
| 01—02—03—04 | → | → | → |
| | 12—34—124 | 13—24—134 | 14—23—1234 |
| cycle 1 | | | |
| cycle 2 | | | |
| cycle 3 | | | |
| cycle 4 | | | |
| Done | | | |

Lesson 28

Over a three-day cycle. c. 6'

| each day | day 1 | day 2 | day 3 |
|--------------------|----------------------|----------------------|----------------------|
| 10—20—30—40 | → | → | → |
| | 21—210—43—430 | 31—310—42—420 | 41—410—32—320 |
| cycle 1 | | | |
| cycle 2 | | | |
| cycle 3 | | | |
| cycle 4 | | | |
| Done | | | |

Lesson 29

Over a three-day cycle. c. 6'

| | day 1 | day 2 | day 3 |
|---------|--------------------------|--------------------------|-------------------|
| | 421—4210—321—3210 | 431—4310—432—4320 | 4321—43210 |
| cycle 1 | | | |
| cycle 2 | | | |
| cycle 3 | | | |
| cycle 4 | | | |
| Done | | | |

Lesson 30

Over a three-day cycle. c. 12'

| | day 1 | day 2 | day 3 |
|---------|--|--|--|
| | 121—1210—343—3430 313—3130—424—4240 | 131—1310—242—2420 414—4140—323—3230 | 141—1410—232—2320 212—2120—434—4340 |
| cycle 1 | | | |
| cycle 2 | | | |
| cycle 3 | | | |
| cycle 4 | | | |
| Done | | | |

Appendix 6 – Practice Grids

Lesson 41

Ex. 1 followed by Groups 1-3 each day (distributed over two- and three-day cycles).

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|----------------|-------|-------|-------|-------|-------|-------|
| Group 1 | Ex. 1 | → | → | → | → | → |
| Group 2 | a)–b) | c)–d) | a)–b) | c)–d) | a)–b) | c)–d) |
| Group 3 | a)–b) | c)–d) | a)–b) | c)–d) | a)–b) | c)–d) |
| | a) | b) | c) | a) | b) | c) |
| | | | | | | |
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| Done | | | | | | |

Lesson 42

Ex. 1 followed by Groups 1-3 each day (distributed over two, three and six-day cycles).

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|----------------|-------|-------|-------|-------|-------|-------|
| Group 1 | a)–b) | c)–d) | e)–f) | a)–b) | c)–d) | e)–f) |
| Group 2 | imam | iama | miai | iaia | amim | aimi |
| Group 3 | a)–b) | c)–d) | a)–b) | c)–d) | a)–b) | c)–d) |
| | | | | | | |
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| Done | | | | | | |

Lesson 55

Ex 2, 4, 6 & 7 each day. Then Ex 2, 4, 6 & 8.

| | each day |
|------|-----------------|
| | Ex. 2, 4, 6 & 7 |
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| | |
| Done | |

| | each day |
|------|-----------------|
| | Ex. 2, 4, 6 & 8 |
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| | |
| Done | |

Lesson 59

Groups 1-6 over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------------|----------------|----------------|----------------|----------------|----------------|
| | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| | | | | | | |
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| Done | | | | | | |

Lesson 60

One scale each day over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------|-------------|----------|----------|---------------------|---------------------|
| | C | a-mi | D | G | G (pos. III) | G (pos. III) |
| | | | | | | |
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| Done | | | | | | |

Lesson 62 (based on Lesson 59)

Groups 1-6 over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------------|----------------|----------------|----------------|----------------|----------------|
| | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| | | | | | | |
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| Done | | | | | | |

[contd.]

Lesson 62 (based on Lesson 60)

One scale each day over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------|-------------|----------|----------|---------------------|---------------------|
| | C | a-mi | D | G | G (pos. III) | G (pos. III) |
| | | | | | | |
| | | | | | | |
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| Done | | | | | | |

Lesson 64

Group 1 over a 3-day cycle. Then Group 2 over a three-day cycle. Then Group 3. c.6'

| Group 1 | days 1 & 4 | days 2 & 5 | days 3 & 6 |
|---------|------------|------------|------------|
| | 234—243 | 324—342 | 423—432 |
| | | | |
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| | | | |
| Done | | | |

| Group 2 | days 1 & 4 | days 2 & 5 | days 3 & 6 |
|---------|------------|------------|------------|
| | 2343—2434 | 3242—3424 | 4232—4323 |
| | | | |
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| | | | |
| | | | |
| | | | |
| Done | | | |

| Group 3 | days 1 & 4 | days 2 & 5 | days 3 & 6 |
|---------|------------|------------|------------|
| | 234—243 | 324—342 | 423—432 |
| | | | |
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| Done | | | |

3 and 4-Finger Checklist I

Make a note of patterns that are uncomfortable and create a practice routine for them.

| | | | | | | | |
|-----|--|-----|--|-----|--|-----|--|
| 123 | | 213 | | 312 | | 412 | |
| 124 | | 214 | | 314 | | 413 | |
| 132 | | 231 | | 321 | | 421 | |
| 134 | | 234 | | 324 | | 423 | |
| 142 | | 241 | | 341 | | 431 | |
| 143 | | 243 | | 342 | | 432 | |

| | | | | | | | |
|------|--|------|--|------|--|------|--|
| 1234 | | 2134 | | 3124 | | 4123 | |
| 1243 | | 2143 | | 3142 | | 4132 | |
| 1324 | | 2314 | | 3214 | | 4213 | |
| 1342 | | 2341 | | 3241 | | 4231 | |
| 1423 | | 2414 | | 3412 | | 4312 | |
| 1432 | | 2431 | | 3421 | | 4321 | |

3 and 4-Finger Checklist II

Use this checklist to keep track of things if you decide to cycle through the three and four-finger patterns as part of your warm-ups.

| | | | | | | | | | |
|-----|--|--|--|--|--|--|--|--|--|
| 123 | | | | | | | | | |
| 124 | | | | | | | | | |
| 132 | | | | | | | | | |
| 134 | | | | | | | | | |
| 142 | | | | | | | | | |
| 143 | | | | | | | | | |

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| 213 | | | | | | | | | |
| 214 | | | | | | | | | |
| 231 | | | | | | | | | |
| 234 | | | | | | | | | |
| 241 | | | | | | | | | |
| 243 | | | | | | | | | |

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|-----|--|--|--|--|--|--|--|--|--|
| 312 | | | | | | | | | |
| 314 | | | | | | | | | |
| 321 | | | | | | | | | |
| 324 | | | | | | | | | |
| 341 | | | | | | | | | |
| 342 | | | | | | | | | |

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| 412 | | | | | | | | | |
| 413 | | | | | | | | | |
| 421 | | | | | | | | | |
| 423 | | | | | | | | | |
| 431 | | | | | | | | | |
| 432 | | | | | | | | | |

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|------|--|--|--|--|--|--|--|--|--|
| 1234 | | | | | | | | | |
| 1243 | | | | | | | | | |
| 1324 | | | | | | | | | |
| 1342 | | | | | | | | | |
| 1423 | | | | | | | | | |
| 1432 | | | | | | | | | |

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|------|--|--|--|--|--|--|--|--|--|
| 2134 | | | | | | | | | |
| 2143 | | | | | | | | | |
| 2314 | | | | | | | | | |
| 2341 | | | | | | | | | |
| 2414 | | | | | | | | | |
| 2431 | | | | | | | | | |

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|------|--|--|--|--|--|--|--|--|--|
| 3124 | | | | | | | | | |
| 3142 | | | | | | | | | |
| 3214 | | | | | | | | | |
| 3241 | | | | | | | | | |
| 3412 | | | | | | | | | |
| 3421 | | | | | | | | | |

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|------|--|--|--|--|--|--|--|--|--|
| 4123 | | | | | | | | | |
| 4132 | | | | | | | | | |
| 4213 | | | | | | | | | |
| 4231 | | | | | | | | | |
| 4312 | | | | | | | | | |
| 4321 | | | | | | | | | |

Lesson 65

Two right-hand patterns each day over a two-day cycle. c.5.00'

| | day 1 | day 2 |
|------|------------------|------------------|
| | ami – ima | pim – pmi |
| | | |
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| | | |
| Done | | |

Lesson 67

Scale Practice: one scale each day over a four-day cycle.

| | day 1 | day 2 | day 3 | day 4 |
|------|-----------|-----------|-----------|-----------|
| | a) | b) | c) | d) |
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| Done | | | | |

Scale Derivations: one scale each day over a six-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|----------|----------|----------|----------|-----------|-----------|
| | G | C | A | D | Bb | Eb |
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| Done | | | | | | |

Lesson 68

One combination each day over a three-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|------|-------|-------|-------|-------|-------|-------|
| | 12–34 | 13–24 | 14–23 | 12–34 | 13–24 | 14–23 |
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| Done | | | | | | |

Lesson 70

Over a two-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|-------------------|-----------------------------|-----------------------------|------------|------------|------------|------------|
| | 4132 / 4324-4140 | → | → | → | → | → |
| trills & mordents | 1212–2323–3434 3131–4242 | 1313–2424–2121 3232–4343 | (as day 1) | (as day 2) | (as day 1) | (as day 2) |
| grupettos | 1242–1343 3212–4323 | 1232–2343 4212–4313 | (as day 1) | (as day 2) | (as day 1) | (as day 2) |
| | | | | | | |
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| Done | | | | | | |

Lesson 71

Over a two-day cycle.

| | day 1 | day 2 | day 3 | day 4 | day 5 | day 6 |
|----------|-------------|-------------|------------|------------|------------|------------|
| Ex. 1 | 1234–2143 | 1324–3142 | (as day 1) | (as day 2) | (as day 1) | (as day 2) |
| Ex. 2 | 1-234–3-124 | 2-134–4-123 | | | | |
| Ex. 4 | 2143 | 3142 | 4132 | (as day 1) | (as day 2) | (as day 3) |
| each day | Ex. 3 & 5 | → | → | → | → | → |
| | | | | | | |
| | | | | | | |
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